

A to Z Snack List

A Apples, Apricots
B Banana*, Bean Dip*, Blueberry Bagels*
C Cantaloupe*, Carrots*, Celery, Cheese+, Cucumbers
D Dried Cereal, Dried Fruit Chips
E Eggs
F Fig Cookies*, Frozen Fruit Bar, Fruit Kabobs
G Graham Crackers*, Granola Bars, Grapes*
H Honeydew Melon, Hot Chocolate+
I Ice Cream+
J Juices (100% juice)*, Jell-O with fruit
K Kiwi Fruit, Krispy Rice Treats*
L Low-fat Pudding*
M Milk+, Muffins+
N Nectarine, Nuts

O Orange Wedges*, Oatmeal

P Pasta, Peaches, Pita Bread, Pretzels*
Q Quick Carrot Sticks*
R Raisins, Rice Cakes (any flavor)*
S Strawberries*, Salsa Dip*, Smoothie (with fruit)
T Tortillas with filling, Trail Mix*
U Unbuttered Popcorn*
V Vanilla Wafers*, Vegetables*
W Watermelon
X eXciting Fruits and Vegetables*
Y Yogurt
Z Zesty Crackers*, Zucchini Slices

*Easy party snacks for school

+Use low-fat versions

Disclaimer: Some items on this list may not be creditable for the USDA Child Nutrition Programs.

Parents' Top 10 Snack Tips

1. **Snacks** are important to provide nutrients for growing children.
2. Use the **A to Z Snack List** to plan snacks at home and school. Include a wide variety of foods.
3. Create a **home environment that encourages healthful eating** -- have healthful snacks at your child's eye level in the pantry and refrigerator or keep them in a bowl on the counter.
4. For snacks in packages, look at the **"Nutrition Facts" label**. Choose those that are less than 5 grams of fat in a serving. Show your child how to use the serving size on the label as a guide for how much to eat. For example, if the label says the serving size is 8 crackers or 1/2 cup fruit, show your child what these amounts look like.
5. Try **low-fat versions** of milk, ice cream, crackers, and chips.
6. **Avoid using food as a reward or punishment.**
6. Be a good **role model** by eating healthful snacks with your children.
7. Choose fruits and vegetables as snacks so your family can meet the goal of **5 servings of fruits and vegetables** (combined total) a day.
8. **Involve** your children in planning and shopping for snacks. Keep snacking **fun** by keeping a list of new foods you have tried.
9. **Offer food again**, if children did not like it the first time, especially fruits and vegetables.
10. For more information, call the **free American Dietetic Association Hotline** at: **(800) 366-1655** or visit the website at <http://www.eatright.com>.

Most of us think of snack and party foods as those that are traditionally high in sugar and fat, but low in nutrients. However, well-planned parties and snacks, served during school, can be part of a healthful diet for children. The USDA Child Nutrition Programs have certain nutritional requirements for serving reimbursable snacks. Some of the snacks on the previous page may not meet those requirements. Students from an LSU Community Nutrition Class, under the direction of Dr. Debra Reed, LDN, RD, developed this snack list and tip sheet. Snacks selected for the list had to be healthful, inexpensive, and easy to serve. When planning parties, focus on fun activities, in addition to the foods that are to be served.

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